

# BEANS, REFRIED

## CANNED

for use in the USDA Household  
Commodity Food Distribution Programs

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### Product Description

**Canned Refried Beans** are smooth pinto beans with no added fat.

### Pack/Yield

Refried Beans are packed in a 15.5-ounce can, which yields about 3 ½-cup servings.

### Storage

- Store unopened cans in a cool, dry place off the floor.
- Avoid freezing or exposure to direct sunlight. Sudden changes in temperature shorten shelf life and speed deterioration.
- Store opened refried beans in a tightly covered nonmetallic container and refrigerate. Use within 2 days.

### Uses

- Refried beans may be used either as a vegetable or a meat/meat alternate.
- Served as an accompaniment to a main dish, refried beans may be topped with grated cheese.
- As part of the main dish, refried beans may be featured in various Mexican entrees, such as bean burritos, bean tostadas, chiles rellenos, or nachos frijoles.

### Preparation

- Refried beans should be heated slowly at a low to medium temperature. Stir occasionally to distribute heated beans.



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- Do not overheat – beans can burn and dry out quickly. Refried beans are best served hot.

### Nutrition Information

- **Refried Beans** is an **excellent source** of fiber and a **good source** of iron.
- ½ cup of refried beans provides 1 serving from the **MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP** of the Food Guide Pyramid.

*(See recipes on reverse side)*

#### Nutrition Facts

Serving size ½ cup (130g)  
Refried Beans, heated

#### Amount Per Serving

<b>Calories</b>	100	<b>Fat Cal</b>	0
<b>% Daily Value*</b>			
<b>Total Fat</b>	0g		<b>0%</b>
Saturated Fat	0g		<b>0%</b>
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	480mg		<b>20%</b>
<b>Total Carbohydrate</b>	18g		<b>6%</b>
Dietary Fiber	6g		<b>24%</b>
<b>Protein</b>	6g		
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	10%

\*Percent Daily Values are based on a 2,000 calorie diet.

## Taco Bake

1½ pounds lean ground beef  
1 (1.25 ounce) package taco seasoning mix  
1 (15.5 ounce) can refried beans  
1 (16 ounce) jar salsa  
2 cups shredded Monterey Jack cheese

*Recipe provided by allrecipes.com*

**Variation:** To lower fat content: Use lowfat cheese.

1. Preheat oven to 325 F.
2. In a large, heavy skillet over medium-high heat, brown ground beef, and drain fat. Mix in dry taco seasoning.
3. Spoon browned meat into a 9x13-inch glass baking dish. Spoon a layer of refried beans over meat, then salsa. Top with shredded cheese.
4. Bake about 20 to 25 minutes.

**Makes 8 servings**

### Nutrition Information for each serving of Taco Bake:

Calories	420	Cholesterol	100 mg	Sugar	1 g	Calcium	250 mg
Calories from Fat	230	Sodium	1030 g	Protein	31 g	Iron	3 mg
Total Fat	25 g	Total Carbohydrate	16 g	Vitamin A	225 RE		
Saturated Fat	12 g	Dietary Fiber	4 g	Vitamin C	12 mg		

## Refried Bean Tostadas

1 (15.5 ounce) can refried beans  
1/4 cup chopped onion  
1 package (1.25 ounce) taco seasoning mix  
1 (10-count) package Tostada Shells, warmed  
2 cups shredded lettuce  
1/2 cup shredded cheddar cheese\*  
1/3 cup sliced ripe olives (optional)  
2 medium ripe avocados, pitted, peeled and thinly sliced.  
Taco Sauce for accompaniment

1. Combine beans, onion and seasoning mix in medium saucepan. Cook, stirring frequently, for 4 to 5 minutes or until heated through.
2. Spread 1/4 cup bean mixture over each shell.
3. Top with lettuce, cheese, olives, avocado, and taco sauce.

**Makes 10 servings**

**\*Variation:** To lower fat content: Use lowfat cheese.

*Recipe provided by cooksrecipes.com*

### Nutrition Information for each 1 cup serving of Tostada Pizza:

Calories	180	Cholesterol	5 mg	Sugar	2 g	Calcium	70 mg
Calories from Fat	100	Sodium	630 mg	Protein	5 g	Iron	1 mg
Total Fat	11 g	Total Carbohydrate	19 g	Vitamin A	65 RE		
Saturated Fat	3 g	Dietary Fiber	4 g	Vitamin C	3 mg		

**These recipes, presented to you by USDA, have not been tested or standardized.**

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